



AIP Foods *List*

WHAT TO EAT:

- Fresh vegetables – except the nightshade family (avoid potatoes, tomatoes, eggplant, peppers, paprika)
- 1-2 servings of fresh fruit
- Tubers are okay – sweet potato, Jerusalem artichoke, taro, and yam
- Healthy meat: Grass-fed and pasture-raised meat or wild game such as poultry, beef, bison, elk, venison, fish, seafood, and organ meat
- Fermented and nondairy probiotic-rich foods like coconut kefir, sauerkraut, pickles, kombucha, and kimchi
- Bone broth
- Natural sweeteners in moderation: honey and maple syrup
- Beverages: green and black tea (3-4 cups daily), lots of filtered water
- Vinegar without added sugar – balsamic, apple cider, and red wine
- Healthy cold-pressed oils like olive, avocado, and coconut